

Kamau[‡], M, Smith[‡] S, Stuart-Shor[‡] EM. Kenya *Heart and Sole: The Afya Njema Project*. ENRS Scientific Sessions; Boston, MA March 2009. p. 207

Purpose & Theoretical Framework: Non-infections diseases, particularly cardiovascular disease (CVD) and diabetes (DM) are increasing in sub-Saharan Africa. Health care is challenging and adverse lifestyles are being imported as part of globalization. The World Diabetes Foundation concluded “What HIV/AIDS was in the last 20 years of the 20th century, diabetes and its consequences will be in the first 20 years of this century.” The purpose of this project was to assess the prevalence of CVD risk factors in rural Kenya using the Chronic Disease Model. Methods: A convenience sample of consecutive cases who presented to 3 rural clinics in Central Kenya were screened. Prior to screening a risk factor educational program was offered in Kikuyu. Participants were seen by native speaking trained personnel and screened for BP and random blood sugar. Subsequently, an NP met with patients to review results, assess medication efficacy and identify individuals for follow-up. A community asset survey was carried out using a social-ecological framework. Results: 279 individuals (mean age 55, 60% female) were screened. Mean SBP was 138 mmHg (SD \pm 28; 43% \geq 140 mmHg [Stage I/II HTN]), mean DBP 85 mmHg (SD \pm 12; 34% \geq 90 mmHg). Mean glucose was 127 mg/dL (SD \pm 79; 21% \geq 140 mg/dL). The majority of individuals were not aware of their diagnosis or how to reduce CVD risk. One common misconception was that DM is a disease of the rich; most individuals have limited access to screening, treatment and medication. Conclusions: A high prevalence of CVD risk factors in rural Central Kenya was observed. There is substantial need for prevention education; misconceptions regarding CVD and system constraints are prevalent. The next step is to develop a feasible, culturally appropriate, sustainable risk reduction program focusing on surveillance, prevention and control of CV risk factors/diseases in families of rural central Kenya.

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